

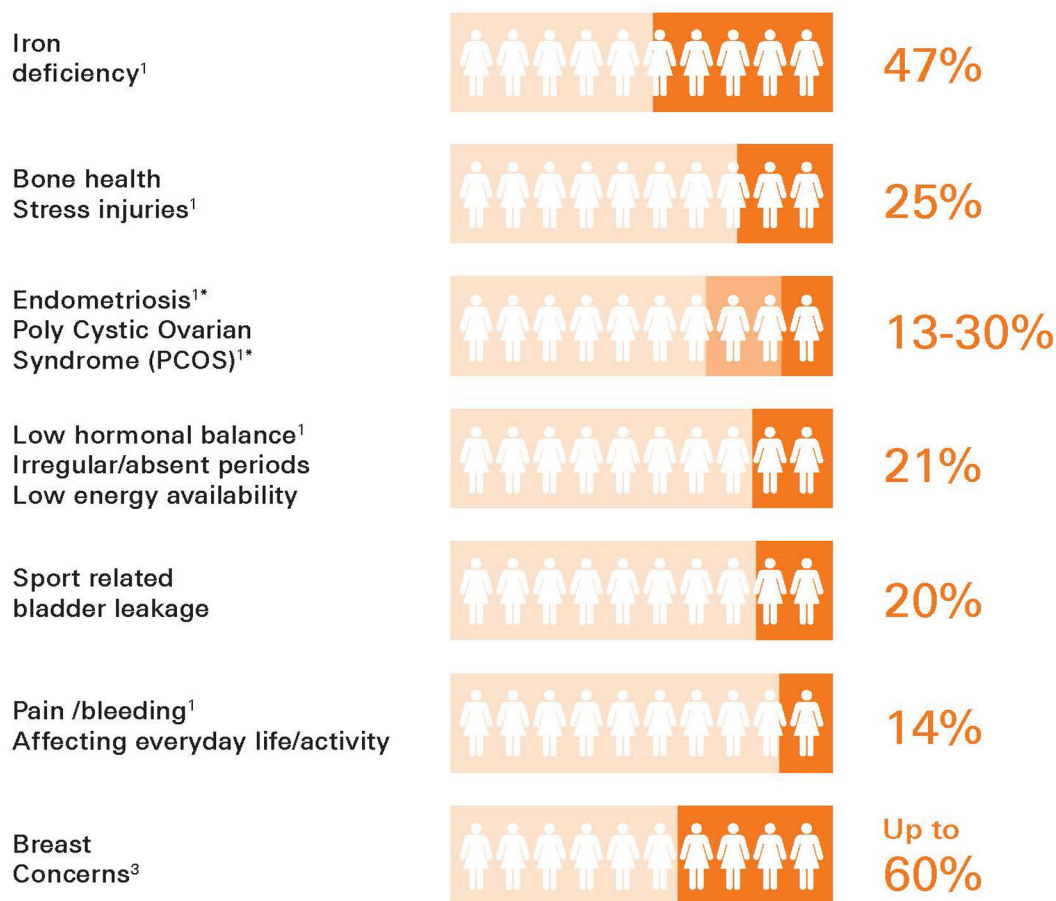
FINDING BALANCE TO SUSTAIN PERFORMANCE



FEMALE HEALTH ISSUES THAT CAN IMPACT PERFORMANCE

Do you know how common these issues are in performance athletes? You, your teammates, family and friends may be managing the challenges and symptoms of these issues. Awareness is the first step toward change.

In every group of 10 women



Know your iron status?

Is your diet keeping up with menstruation and training needs?

Ask your GP/
Performance Health doctor if a check is right for you.

If in doubt,
check it out!

¹ Heather et al, Frontiers in Sport and Active Living 2021 *(undiagnosed symptoms)

² Pires et al, Journal of Human Kinetics 2020

³ Jager et al Journal of Science & Medicine in Sport 2024